

ABSTRACT

This study was designed to explore the effects of high school sport participation on female adolescent body image and self-esteem. This study also explored differences in body image and self-esteem among upperclassmen and underclassmen. The sample consisted of two adolescent female groups: 47 athletes (20 upperclassmen and 27 underclassmen) and 34 nonathletes (18 upperclassmen and 16 underclassmen). All participants took the Body Image Avoidance Questionnaire (BIAQ), Rosenberg's Self-Esteem Scale (SES), and a Demographic Questionnaire. All data were analyzed by conducting t-tests. Results indicated nonathletes had significantly higher scores on body image avoidance than athletes, and underclassmen had significantly higher scores on body image avoidance than upperclassmen. There were no significant differences found on the self-esteem measure. Implications for research and practice are discussed.